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Housekeepers' Chat

Monday, June 17, 1929.

Subject: "Children's Frocks for Summer Days." From Bureau of Home Economics, Also menu, and two good summer recipes.
NOTE: This program may be divided into two parts, if desirable.

Leaflets available: "Dresses for Little Girls," "Rompers for Children," and "Sun Suits for Children."

--ooOoo--

One sizzling hot day last summer, when everybody in Washington was wearing his thinnest clothes, and wishing they were even thinner, some one wrote to the Bureau of Home Economics, asking about all-in-one outfits for little girls.

The idea was quite in harmony with the weather. It was also quite in harmony with the plan of the Bureau to design comfortable, healthful, time-and-labor saving clothes for children.

I wish you could see the clever all-in-one outfits that were designed -- I'm sure you'd want to buy two or three yards of a cheerful gingham, and start "cutting out."

The first all-in-one dress combines panties and waist, in a romper-like garment which can be worn without a skirt, if desired. The low drop seat of the romper has four buttons instead of the usual three. A center-back button is not easy for a child to reach. Besides, it's more comfortable for the child, and increases the wearing quality of the garment, to have the pull, in the center back, distributed between two buttons, rather than to have it all on one. The romper fastens in front -- for the convenience of the child. It's not a bit hard for Three-Year-Old Betty Jane to dress herself, if her clothes are made properly.

The collar of this all-in-one frock, as well as the armholes and pantie legs, are finished with a fitted facing. This helps to simplify ironing -- and who wants to iron complicated dresses, when days are hot and sticky?

The side-pleated button-on skirt is also a time-saver in laundering, as it can be ironed separate from the under part. In keeping with the self-help idea, Betty Jane has been taught to fasten the skirt in place, before putting on the romper garment. If the side-pleated skirt is not becoming, variety may be obtained by using groups of pleats, or a slightly circular skirt.

Betty Jane has another all-in-one outfit but it is not entirely a self-help garment. It opens in the back, and Betty Jane is not yet old enough to get her chubby fingers around the buttons. The dress also has the four-button drop seat, but the skirt, instead of buttoning, is sewed

on, to give the effect of a yoke.

Sleeveless, low-necked, and requiring no underclothing, these little dresses are cool and comfortable for hot days. There are so many lovely cotton and linen prints this season, with attractive designs and soft-blended colors. Cotton prints are especially desirable for the little girl's summer wardrobe. They launder very easily, and do not fade, if handled with care and intelligence. They are light in weight. Last, but not least, they are moderately priced, which is quite an item, these days when we are saving money for a vacation.

Please remember this -- I do not have patterns of these dresses to send you. However, there are three leaflets which contain helpful suggestions for the mother who sews. These leaflets are "Dresses for the Little Girl," "Rompers for Children," and "Sun Suits for Children."

I happen to have with me a copy of "Dresses for the Little Girl." It has illustrations and descriptions of dresses for school and play, and dresses for special occasions. The party dresses are especially pretty -- simple as they can be -- who would have them otherwise? The first party dress is a dainty, cool dotted swiss -- then there's one of blue swiss with white dots, and three made of cotton voile. I won't attempt to describe them -- for I know you'd rather see the leaflet yourself.

There are a few points which should be observed in making children's clothes. For instance, both dress and bloomers should always be cut long enough to allow for wide tucks and hems to let down when the material shrinks, and the child grows.

Leg bands and waist bands of cloth are much more desirable than elastic, which is always likely to retard circulation.

Don't forget that every child's costume should have at least one pocket. If pockets on the dress spoil the design, make one in the bloomers.

Fastenings and openings should be simple, and so located that a little girl can take her dress off and put it on without help.

Hems should be made wide, when the dress is new. They are most attractive, and most easily let down, if they are put in by hand.

Another thing -- let the little girl choose materials for her dresses, and train her to appreciate nice color combinations, good workmanship, simple and suitable styles, and appropriate materials. Then, when she grows up, she will not want to wear a ruffled taffeta frock to high school.

The rest of this program will be devoted to a menu, with a savory Veal Loaf as the feature. Remember the Veal Loaf recipe I broadcast last year? Well, it was a <u>good</u> recipe, but this one is even better. The Menu specialist herself says this Veal loaf is excellent, and that it is

particularly nice sliced cold, for a buffet supper, or for picnic use. It's a rather long recipe -- eleven ingredients -- but it is worth writing in your recipe books.

Here's the menu, first: Veal Loaf; Buttered Spring Onions on Toast; New Carrots; Radishes; and Chocolate Custard.

And here's the recipe for the Veal Loaf, with eleven ingredients:

4 cups ground raw veal
1 cup finely diced salt pork
1-1/2 cups milk
4 tablespoons flour
1/2 cup chopped celery
1/2 cup chopped parsley
1/4 cup chopped onion
1 cup fine dry bread crumbs
2 teaspoons salt
1/8 teaspoon pepper, and
1/8 teaspoon celery seed

Eleven ingredients, for Veal Loaf: (Repeat.)

Fry the salt pork until light brown and crisp. Remove the pieces from the pan. Make white sauce of the milk, flour, and 3 tablespoons of the pork drippings. Cook the celery, parsley, and onion for a few minutes, in the rest of the pork drippings. Add to this the bread crumbs and seasonings. Combine all ingredients, using the hands to mix thoroughly. The mixture will have a sticky consistency. Lay a piece of parchment paper on a rack in an open roasting pan. Mold the meat loaf on the paper with the hands. Bake the loaf in a moderate oven (350°F.) for 1-1/4 hours. Do not cover the pan, and do not add water to it. Much better results are obtained by making the meat loaf in this way, than by packing it into a smaller pan and baking it like a loaf of bread.

Remove the loaf from the paper and serve hot, or chill it and serve in thin slices with parsley or watercress garnish.

Now if you aren't too tired to write another recipe, I'd like to give you this little easy one -- Chocolate Custard. Only six ingredients for this dessert:

1 quart milk
3/4 cup sugar
2 squares unsweetened chocolate
1/2 teaspoon salt
4 eggs, and
1 teaspoon vanilla

Six ingredients, for Chocolate Custard: (Repeat)

Heat the milk, sugar, chocolate, and salt in a double boiler. Beat the eggs slightly. Pour some of the hot mixture into the eggs. Mix well, and add to the remaining milk. Cook, stirring constantly until thickened. When cool, stir in the vanilla and chill thoroughly. If left overnight the custard becomes thicker. Serve plain, or with a little whipped cream over the top.

And <u>that</u>, is all of <u>that</u> -- till next time. Wait a minute -- I forgot to repeat this menu, with the nifty Veal Loaf: Veal Loaf; Buttered Spring Onions on Toast; New Carrots; Radishes; and Chocolate Custard.